



Make **Health** a Family Affair

Reunion

**Help Your Family Make
the Kidney Connection**



U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES
National Institutes of Health

NIDDK

NATIONAL INSTITUTE OF
DIABETES AND DIGESTIVE
AND KIDNEY DISEASES



National Kidney Disease
Education Program



The National Kidney Disease Education Program invites you to help your family Make the Kidney Connection. Three things you should know:

- Kidney disease is a growing concern, especially among African Americans.
- Diabetes and high blood pressure are the two leading causes of kidney failure.
- There are things you can do to protect your kidneys.

You don't have to be a health expert to share this important information with your family. The free Family Reunion Health Guide has everything you need. It tells you how you can talk to family members with diabetes or high blood pressure about their risk for kidney disease and the importance of getting tested.

Call 1-866-4 KIDNEY (1-866-454-3639) or visit www.nkdep.nih.gov/familyreunion to get the free Family Reunion Health Guide.

Make a difference at your next reunion or family gathering!

NKDEP is an initiative of the National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health, U.S. Department of Health & Human Services.